

Intermountain Medical Center presents

# Murray Fun Days 5K Race



**Monday, July 4, 2016**

**Murray Park Entrance off of  
State Street. 5K begins at 8:00 am  
Kids race (1/2 mile) starts 9:00 am**

**Early bird  
Registration  
by  
June 10  
\$20**

**USAT&F  
Members  
by  
June 10  
\$18**

**Registration  
Including  
USAT&F by  
June 11-24  
\$25**

**Kids Race  
at 9:00 am  
by  
June 24  
\$10**

**Intermountain<sup>™</sup>  
Medical Center**

**COSTCO<sup>®</sup>  
WHOLESALE**

**EMI HEALTH<sup>™</sup>**  
Smart Benefits



## **USAT&F LDR Road Racing Circuit**

**Top 3 open male and female and top 3 masters male and female receive cash prizes. 1st place \$100, 2nd place \$75 and 3rd place \$50**

**Race bibs can be picked up between 7-7:45 am on the day of the race at Constitution Circle on the west end of Murray Park.**

**Race bags can be picked up after the race.**

**No day of Race Registrations!!**

**No Bandits please!**

**Awards** Given in each category for 1st, 2nd and 3rd to the top 3 finishers in each division for male and female.

**Race Course** Starts in front of Murray Park on State Street and runs south on State Street to 5850 South. Then heads north on State Street to Vine Street. From Vine Street to the north entrance into Murray Park and finishers in the west end of the park. There will be road closures to prevent traffic on the route.

**Great food and prize drawings for all participants! All participants receive a 5K Race T-shirt!**



The best 4th of July Race in the State of Utah

# 5K Race

## **Murray Fun Days 5K Registration Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Gender \_\_\_\_\_ Age \_\_\_\_\_ USAT&F# \_\_\_\_\_

## **5K Divisions: Please Circle your Division**

11 & Under, 12-14, 15-8, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, Clydesdale (men over 220 lbs), Athena (women over 160lbs)

**Kids Race** 4-6 year olds, 7-9 year olds

## **T-shirt Size: Please Circle**

YS YM YL AS AM AL AXL AXXL AXXXL AXXXXL

## **Release and waiver (Please Read)**

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event.

Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives, successors, or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, in the course of my participation.

This release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or an other record of the event for an purpose. Minors will be accepted with a parent's signature.

Signature \_\_\_\_\_

Date \_\_\_\_\_